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1 WHEN ILL OR INJURED

(1) Emergency Cases of illness or Injury

① To Call an Ambulance

For an urgent, serious case, dial 119 to call an ambulance.
Please remain calm and convey the message clearly.

1 Examples of messages to convey

◇ Distinction between fire (kaji) and ambulance (kyukyusha)
◇ Concrete explanation of the situation
◇ Address and phone number
◇ Name
◇ Nearby landmark

2 When the ambulance is coming

◇ When you hear the ambulance siren, try to go out into the street to meet it.
◇ If you have a family doctor or a regular hospital, write its name and address on a
  sheet of paper and hand it to the ambulance personnel.
◇ The ambulance personnel will try to transport the patient to an appropriate,
  nearby hospital, though this may not be the hospital the patient wants, depending
  on the situation.

3 Please note

◇ If possible, have a Japanese-speaking person accompany you.
◇ Since the ambulance call number 119 is the same as for the fire service, clearly
  state the distinction between ambulance and fire.
◇ The ambulance service is free of charge, but you should not call one if the illness or
  injury is not so serious and the patient can get to a medical facility by
  himself/herself.
◇ The patient will go back home from the medical facility by himself/herself.
◇ Bring with you whatever would be necessary, such as a health insurance
  certificate, cash and a dictionary.
② To Locate a Hospital by Telephone

Locate a hospital or other medical facilities by phone when you can go by yourself. Call in Japanese or ask someone who speaks Japanese to call on your behalf. If you are a resident of Yokohama, Kawasaki, Sagamihara or Kamakura, call a local information center in your area.

<table>
<thead>
<tr>
<th>Hospital Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Access Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yokohama City Emergency Medical Care Information</td>
<td>045-201-1199</td>
<td>Yukohama City Kenko-Fukushi Sogo Center, 1-1 Sakuragicho, Naka-ku, Yokohama</td>
<td>24 hours</td>
</tr>
<tr>
<td>Kawasaki City Emergency Medical Care Information</td>
<td>044-222-1919</td>
<td>Kawasaki City Ishi-kaikan Bldg, 8-3 Miyamaecho, Kawasaki-ku, Kawasaki</td>
<td>24 hours</td>
</tr>
<tr>
<td>Sagamihara Emergency Medical Care Information</td>
<td>042-756-9000</td>
<td>Sagamihara City Sogo Hoken-iryo Center, 6-1-1Fujimi, Chuo-ku, Sagamihara</td>
<td>17:00 to 9:00 next morning Mon.-Fri., 13:00 to 9:00 next morning Sat., 9:00 to 9:00 next morning Sun. &amp; Holidays</td>
</tr>
<tr>
<td>Kamakura City Medical Facility Information Center</td>
<td>0467-24-0099</td>
<td>Kamakura City Ishi-kai Chiiki-iryo Center, 3-5-35 Zaimokuza, Kamakura</td>
<td>24 hours</td>
</tr>
</tbody>
</table>

Note: In areas other than the above, dial 119 to inquire at the local fire fighting headquarters (shobohonbu) for sudden illness or serious injury.

③ To Receive Medical Treatment on Holidays and at Night

To receive medical treatment on holidays at night, refer to the “Holiday Emergency Clinics (kyujitsukyukansinryoj)” Ask each clinic through a Japanese speaker about operating hours.

- List of holiday emergency medical clinics
- List of holiday emergency dental clinics
Child Emergency Telephone Consultation

Kanagawa Prefecture has a system called “Kanagawa Child Emergency Dial/Service Number” to offer telephone consultation on your child’s condition at night.

◇ Consultation is available only in Japanese.
◇ Common inquiries are:
  “My child has suddenly developed a fever and has diarrhea. Should I take him to the hospital right away?”
  “My child keeps coughing and I am worried.”
  “My child accidentally swallowed a detergent. What should I do?”
◇ Experts will give you advice over the phone.
◇ The service is available from 18:00 to 24:00 every day.
◇ Phone numbers:
  • Dial #8000 from cellphones and push-button telephones in the area code other than 042
  • Dial 045-722-8000 from push-button telephones in the 042 area code, dial-up phones, IP phones and PHS phones
◇ Note that this service is to give you medical advice, not to make any diagnosis or treatment.

For further information on child emergency consultation: Contact (through a Japanese-speaking person) Community Healthcare Unit, Medical Service Division of Kanagawa Prefectural Government at 045-210-4874.
1 WHEN ILL OR INJURED

(2) Having a Medical Examination

① Medical Care System in Japan
Medical institutions in Japan are classified into two types: large hospitals with full facilities for hospitalization and examinations, and practitioner's offices or clinics for ordinary consultation and care. You should know about the hospitals and clinics in your neighborhood in advance in case of being ill or injured.

1 Basics to know about Japanese medical institutions

Appointment system
◇ Appointment may be necessary at some hospitals.
◇ At hospitals operating on a non-appointment system, consultation is given in the order of patients' arrival (first come, first served), often resulting in the long wait.

[ Test ]
◇ When undergoing a blood or X-ray test, follow the instructions of the hospital personnel.

[ Medicine ]
◇ After consultation the doctor may issue you a prescription slip. Bring the slip to a dispensing pharmacy outside the hospital and receive the medicines you need. Sometimes, you may collect medicines at the hospital pharmacy.
◇ Since almost all directions on a prescription medicine is written in Japanese, ask for a thorough explanation when picking it up.

2 Medical departments
◇ The system of medical departments in Japan is the same as the one in the United States and European countries. Major departments are Internal medicine (Naika), Pediatrics (Shonika), Surgery (Geka), Orthopedic surgery (Seikei-geka), Obstetrics and Gynecology (Sanfujinka), Dermatology (Hifuka), Ophthalmology (Ganka), ENT (Jibiinkoka) and Dentistry (Shika).
◇ Major hospitals generally have almost all of these medical departments. If you do not know which department to visit, tell a receptionist your symptom and ask.
Taking a Medical Examination

If possible, have a Japanese-speaking person accompany you. When you visit a hospital or clinic for the first time, it might not be able to provide you with the most appropriate treatment as it has no previous information about you. To be ready in case of emergency, try to have your regular hospital or clinic. If you have any religious requirements in your daily lifestyle or medical treatment, or if you have any allergy, notify the receptionist before you see the doctor.

1 What you need to take with you:
   ◇ Health insurance certificate (kenkohokensho)
   ◇ Identification such as your passport
   ◇ Cash (Medical bills should be paid in cash, in Japanese yen, usually)
   ◇ A simple memo indicating your address, phone number, and major complaint

2 Consultation hours:
   ◇ While consultation hours for outpatients vary, they are generally weekday mornings, with no service on Sundays and holidays.
   ◇ Before visiting medical institutions, call them to find out what medical departments they have and when they are open.

3 Procedures for receiving treatment:
   ◇ To make your patient ID card, visit the reception desk. Present a health insurance certificate if you have one.
   ◇ Go to the medical department and present your patient card at the counter. Wait until your name is called to see a doctor.
   ◇ After examination or treatment, proceed to the cashier to pay the medical fee.
   ◇ If you get your prescription filled at an in-house pharmacy, go to a pharmacy counter and pick your medicine up.
   ◇ In most practitioner's offices or clinics, the reception and cashier windows are the same.

[Medical expenses]
If you receive medical treatment without health insurance, you need to pay the full amount of the medical expenses. Since medical care for the uninsured is considered “private,” the fees for the same treatment can vary from hospital to hospital.

See “Manual on Medical and Dental Treatment in Foreign Languages.”
(3) Buying Medicine at Pharmacies and Drugstores in Town

In Japan, pharmacies dispense prescription medicines and sell other medicines.

1 Two procedures for buying medicine at pharmacies
◇ 【Buying over-the-counter drugs for headache, cold, digestive problems, etc.】
When you feel sick, but not so seriously, you can do without consulting a doctor by buying medicine at a pharmacy. You must pay all drug costs on your own, because medical insurance is not applicable.

◇ 【Having a prescription filled】
After you receive a prescription slip from the doctor following an examination at the hospital or clinic, go to a pharmacy to have your prescription filled. In this case, you only have to pay the patient's co-payment and the rest is covered by health insurance if you have one. Some hospitals and clinics have in-house pharmacies that prepare your medicine on the premises.

2 Explanation about the medicine at a pharmacy
◇ No explanation in any foreign language is provided on usage of medicine in Japan. You should ask the pharmacist to explain fully how to take the medicine, including side effects and other precautions.
◇ It is better to have a Japanese-speaking person accompany you as there is no interpreter at pharmacies.

3 Differences between pharmacies and drugstores
◇ Besides pharmacies, there are local drugstores in Japan.
◇ Drugstores sell “over-the-counter” drugs, and pharmacists or drug experts explain how to take these drugs, necessary precautions, side effects and others. They are, however, not allowed to dispense medicines on the basis of prescription slips.
1 WHEN ILL OR INJURED

(4) Medical Safety Consultation
Kanagawa Prefecture receives inquiries about medical treatments at Medical Safety Consultation Center.
◇ Inquiries are accepted only in Japanese.
◇ Common inquiries are:
  “I feel uneasy due to lack of explanation about my condition and treatment.”
  “I’m displeased with the attitude of the hospital staff.”
  “I may have been refused medical examination.”
  “How should I ask to disclose my clinical chart?”
  “I suspect this is a malpractice case. What should I do?”
◇ Experts will give you advice or refer you to relevant organizations.
◇ Consultation is available Monday through Friday, 10:00-12:00 and 13:00-15:00 (excluding Saturdays, Sundays, and national holidays as well as year-end and New Year holidays.)
◇ Contact by telephone at 045-210-4895, by facsimile at 045-210-8856, or through the Internet at http://www.pref.kanagawa.jp/cnt/f881/ by sending an inquiry e-mail using the form on this website.
◇ Note that this service is to give you advice, not to make any diagnosis or treatment.
◇ If you have troubles with a hospital or clinic located in Yokohama, Kawasaki, Sagamihara, Yokosuka, or Fujisawa, contact the concerned office below. If you make a general inquiry, Kanagawa Prefecture Medical Safety Consultation Center could assist you.

<table>
<thead>
<tr>
<th>City</th>
<th>Medical Safety Consultation Office</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yokohama</td>
<td>Medical Safety Consultation Office</td>
<td>045-671-3500</td>
</tr>
<tr>
<td>Kawasaki</td>
<td>Medical Safety Consultation Center</td>
<td>044-200-2931</td>
</tr>
<tr>
<td>Sagamihara</td>
<td>Medical Safety Consultation Office</td>
<td>042-769-9242</td>
</tr>
<tr>
<td>Yokosuka</td>
<td>Medical Consultation Office</td>
<td>046-822-4396</td>
</tr>
<tr>
<td>Fujisawa</td>
<td>Medical Safety Consultation Office</td>
<td>0466-50-8390</td>
</tr>
</tbody>
</table>

Note: Access hours vary by city.

For further information: Contact (through a Japanese-speaking person)
Kanagawa Prefectural Medical Safety Consultation Center at 045-210-4895.
2 HELP WITH MEDICAL EXPENSES

(1) Medical Expenses for Designated Diseases

1 Medical expenses for intractable diseases

(Public Subsidies for Treatment of Designated Diseases)

In Japan, there are public subsidies for treatment of a group of nationally designated intractable diseases such as Behcet's disease; the number of such diseases totaled 110 as of January 1, 2015.

1 Scope of assistance

◇ For designated intractable diseases, co-payment (the patient's part of payment) for the treatments covered by health insurance will be subsidized, though you will be charged a certain amount depending on your municipal inhabitant tax.

2 Eligibility

◇ Those who meet all of the following requirements are eligible for the subsidies:
  ● Those registered as residents in Kanagawa Prefecture.
  ● Patients with one of the 110 nationally designated diseases whose condition is serious enough to meet the criteria.
  ● Those who have Japanese public health insurance or those on welfare.

3 Application procedures

◇ The patient or his/her family member should apply to the public health center or the prefectural health and welfare office in the area where they live.

For further information: Contact (through a Japanese-speaking person) the Designated Disease Section (tokutei shikkan tanto-ka) at the local public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other areas.
2 Medical expenses for tuberculosis treatment
(Public Subsidies for Treatment of Tuberculosis)

In Japan, medical expenses for treatment of tuberculosis are partially subsidized upon application.

1 Scope of assistance
◇ For outpatient treatment, 95% of medical expenses will be subsidized. (5% of medical expenses will be charged.)
◇ For inpatient treatment based on the prefectural governor's order, medical expenses will be fully subsidized in principle, though you may have to pay a certain amount, depending on your household income.

2 Eligibility
◇ Those who are getting outpatient treatment for tuberculosis classified as non-infectious
◇ Those who are getting inpatient treatment at designated hospitals for tuberculosis classified as infectious or possibly infectious
◇ For children with tuberculosis, there is another scheme called Public Subsidies for Educational and Medical Expenses for Children with Tuberculosis.

3 Application procedures
◇ The patient or his/her family member should apply to the public health center in the area where they live.

For further information: Contact (through a Japanese-speaking person) the Tuberculosis Section (kekaku tanto-ka) at the local public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other areas.
Medical expenses for specific treatments of infertility

In Japan, there is public assistance for couples who receive specific infertility treatments (in-vitro fertilization and microscopic insemination) by subsidizing part of their medical expenses.

1 Scope of assistance
◇ For in-vitro fertilization or microscopic insemination which is not covered by insurance, a couple will be subsidized the maximum of either 150,000 yen or 75,000 yen for one cycle of treatment depending on its content, up to three times in the first year and twice a year from the second year, to the total of ten times in five years. However, if the woman is 39 years old or younger when receiving the subsidy for the first time, the couple can undergo subsidized treatments up to 6 times with no restrictions on the number of times per year.

2 Eligibility
◇ Those who meet all of the following requirements are eligible for the subsidies:
   (1) Legally married couples, with either partner being a resident of Kanagawa Prefecture
   (2) The total income of the couple in the previous year (or the year before last if application is filed between January and May) is less than 7,300,000 yen.
   (3) Couples who are considered by a doctor to have no or very little possibility of pregnancy if not for specific infertility treatments.
   (4) Couples who received specific infertility treatment at a medical institution(s) designated by Kanagawa Prefecture.

3 Application procedures
◇ The couple themselves should apply to the public health center in the area where they live.

For further information: Contact (through a Japanese-speaking person)
Health Promotion Division, Health and Medical Service Department of Kanagawa Prefectural Government at 045-210-4786.
* If you live in Yokohama, Kawasaki, Sagamihara or Yokosuka, you should contact the Infertility Treatment Subsidy Section (tokutei funin chiryohi josei jigyo tanto-ka) at your local municipal office.
Medical expenses for hepatitis treatment
(Public Subsidies for Treatment of Hepatitis)

In Japan, there are public subsidies for part of the medical expenses for interferon, interferon-free, and antiviral drug therapies for hepatitis B and hepatitis C.

1 Scope of assistance
◇ If you are receiving interferon, interferon-free, and/or antiviral drug therapies for hepatitis B or C, your co-payment for the treatments covered by health insurance will be subsidized, though you may have to pay a certain amount, 10,000 yen or 20,000 yen, depending on your household income (annual municipal inhabitant tax).

2 Eligibility
◇ Those who meet all of the following requirements are eligible for the subsidies:
   • Those registered as residents in Kanagawa Prefecture.
   • Patients who are receiving interferon, interferon-free, and/or antiviral drug therapies for the radical cure of hepatitis B or hepatitis C.
   • Those who have Japanese public health insurance.

3 Application procedures
◇ The person concerned or his/her family member should apply at the public health center in the area where he/she lives.

For further information: Contact (through a Japanese-speaking person) the Hepatitis Treatment Subsidy Section (kan-en chiryō iryōhi josei tanto-ka) at the public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other areas.
2 HELP WITH MEDICAL EXPENSES

(2) Medical Expenses for Children

① Medical expenses for inpatient and outpatient treatments
   (Public Subsidies for Medical Expenses for Children)
   In Japan, children receive compulsory education through to junior high school.
   Kanagawa Prefecture subsidizes medical expenses for hospitalization of children from
   birth to completion of compulsory education, and for children below school age when
   receiving outpatient medical treatment.

1 Scope of assistance
   Financial assistance will be provided for part of the difference in actual medical
   expenses and insurance coverage, for children who receive inpatient or outpatient
   treatment for the diseases and injuries that are not covered by other subsidies.

2 Eligibility
   Those who meet all of the following requirements are eligible for assistance:
   ● The patient's guardian is a resident of Kanagawa Prefecture.
   ● Inpatients from birth to junior high school and outpatients below school age.
   ● In principle the patient themselves are enrolled in a public medical insurance
     scheme in Japan.
   ● The income of the patient's guardian falls within the limit.
     Limits on the child's age and the guardian's income vary by municipality.

3 Application procedures
   ○ The patient’s guardian should apply to the children's medical care section of the
     municipal office in the area where the family lives.

For further information: Contact (through a Japanese-speaking person) the
Children's Medical Care Section (shoni iryo tanto-ka) at your local municipal
office.
Medical expenses for chronic diseases

(Japan has public assistance for medical expenses for children who have nationally designated chronic diseases, such as asthma and diabetes.

1 Scope of assistance

Financial assistance is provided for the difference in actual medical expenses and insurance coverage for inpatient and outpatient treatments of the following 14 nationally designated diseases.

| Malignant neoplasm, Chronic renal diseases, Chronic respiratory diseases, Chronic cardiac diseases, Endocrine diseases, Connective tissue diseases, Diabetes, Congenital metabolic disorders, Blood diseases, Immune disorders, Nervous and muscular diseases, Chronic digestive disorders, Chromosomal and genetic disorders, Skin diseases |

Part of the medical expenses may be charged to the patient's guardian, depending on the patient's household income.

2 Eligibility

Those who meet all of the following requirements are eligible for assistance:

- The patient's age should be under 18, though it can be extended to 19 if he/she has received assistance since before 18.
- The patient's guardian should be a resident of Kanagawa Prefecture.
- Being a patient suffering from a designated disease and receiving treatment at a designated medical facility.
- In principle the patient themselves are enrolled in a public medical insurance scheme in Japan.

3 Application procedures

The patient's guardian should apply at the children's medical care support section of the local public health center in the area where the family lives.

For further information: Contact (through a Japanese-speaking person) the Children's Medical Care Support Section (shoni iryo engo tanto-ka) at the local public health center in Yokohama, Kawasaki, Sagamihara or Yokosuka, or the prefectural health and welfare office/center in other areas.
③ Medical expenses for tuberculosis treatment
(Public Subsidies for Educational and Medical Expenses for Children with Tuberculosis)
Japan has public assistance for children who require long-term treatment for tuberculosis. The system covers not only appropriate inpatient medical treatment at designated hospitals but also school education, to help the child develop both physically and mentally.

1 Scope of assistance
◇ Medical expenses will be fully subsidized in principle, but a certain amount should be paid by the patient’s guardian depending on his/her income.
◇ Besides medical expenses, some school supplies and daily necessities are provided.

2 Eligibility
Those who meet all of the following requirements are eligible for assistance:
◇ The patient themselves live in Kanagawa Prefecture.
◇ The patient is under 18 years of age.
◇ The patient who needs an extended period of treatment for tuberculosis and has been recognized by a doctor as needing hospitalization in a designated medical facility.

3 Application procedures
◇ The patient’s guardian should apply at the local public health center in the area where the family lives.

For further information: Contact (through a Japanese-speaking person) the Tuberculosis Section (kekkaku tanto-ka) at the local public health center in Yokohama, Kawasaki, Sagamihara, Yokusuka or Fujisawa, or the prefectural health and welfare office/center in other areas.
**Medical expenses for premature babies**

(Public Subsidies for Medical Expenses for Premature Infants)

In Japan, there are public subsidies for medical expenses for premature babies who need hospitalization to survive.

1 **Scope of assistance**

◇ In principle, financial assistance is provided for the difference in actual medical expenses and insurance coverage, but a certain amount should be paid by the patient's guardian depending on his/her income.

2 **Eligibility**

Those who meet the following requirements are eligible for assistance:

◇ The patient themselves live in Kanagawa Prefecture.
◇ The patient is under one year old.
◇ The patient who weighed less than 2,000 grams at birth or extremely weak in the ability to survive, and who has been recognized by a doctor as requiring inpatient treatment at a designated medical facility.
◇ The patient themselves are enrolled in public medical insurance scheme in Japan.

3 **Application procedures**

◇ The baby's guardian should apply at the local public health center in the area where the family lives, or the municipal office if there is no public health center in the area.

For further information: Contact (through a Japanese-speaking person) the public health center in Yokohama, Kawasaki, Yokosuka, Sagamihara or Fujisawa, or the medical subsidy section for premature babies at the local municipal office in other areas.
2 HELP WITH MEDICAL EXPENSES

(3) Medical Expenses for Single-Parent Families

In Japan, if you have public health insurance, you can receive medical treatment only by paying the co-payment as defined by your insurance scheme. The municipalities in Kanagawa are giving financial support to single-parent families so they can get medical treatment without paying the co-payment, if they meet certain requirements.

1 Eligibility

Those who meet all of the following requirements are eligible for assistance:

◇ Single-parent family consisting of a father or a mother and their child (children), and foster family consisting of a parent and a child (children).
◇ Assistance is available through to the first March 31 after the child becomes 18.
◇ The annual income of the child's father, mother, foster parent or other supporter for the year before last did not exceed a set limit.
◇ The single parent and his/her child (children) are enrolled in a Japanese public health insurance plan.

3 Application procedures

◇ Apply to your local municipal office. A “Welfare Medical Certificate (fukushi iryosho)” will be issued if your application is approved after examination.

4 To receive medical treatment free of charge

◇ Present your “Health Insurance Certificate” and “Welfare Medical Certificate” at the medical facility you are visiting.

For further information: Contact (through a Japanese-speaking person) the Medical Subsidy Section (iryo josei tanto-ka) or the Children's Welfare Section (jido fukushi tanto-ka) at your local municipal office.
2 HELP WITH MEDICAL EXPENSES

(4) Medical Expenses for Disabled Adults and Children

1 Rehabilitation Support Services for Disabled Adults
   *(Jiritsu Shien Iryo or ex-Kosei Iryo)*

In Japan, there are public subsidies for medical expenses for physically-disabled people aged 18 or over when they receive treatment for curing disorders or reducing disabilities.

1 Scope of assistance
   ◇ In principle, the patient's co-payment is subsidized for treatment for curing disorders or reducing disabilities, though you may need to pay part of the medical expenses, depending on your income.

2 Eligibility
   ◇ Those who meet all of the following requirements are eligible for the subsidies:
     - The patient lives in Kanagawa Prefecture.
     - The patient is a holder of “Physical Disability Certificate *(shintai shogaisha techo)*.”
     - The patient is enrolled in a Japanese public medical insurance program in principle.
     - The patient is receiving treatment at a designated medical institution.

3 Application procedures
   ◇ Apply to the local municipal office in the area where you live.

4 Others
   ◇ In case of disability resulting from a work-related accident, Workmen's Accident Compensation Insurance applies on a priority basis.

For further information: Contact (through a Japanese-speaking person) the Disability Welfare Section *(shogai fukushi tanto-ka)* at your local municipal office.
② Rehabilitation Support Services for Disabled Children

(Jiritsu Shien Iryo or ex-Ikusei Iryo)

In Japan, there are public subsidies for medical expenses for physically-disabled children when they receive treatment for curing disorders or reducing disabilities.

1 Scope of assistance

◇ Financial assistance is provided for inpatient and outpatient treatments, when a child receives an operation for curing his/her disorder or reducing disability. The patient’s guardian should pay 10% of the medical expenses, though there is a ceiling on their payments depending on their income.

2 Eligibility

● Children recognized as suffering the same degree of disability as holders of a “Physical Disability Certificate (shintai shogaisha techo)” in the future.
● Children receiving treatment at a designated medical institution.
● Children under 18 and enrolled in a Japanese public medical insurance program.

3 Application procedures

◇ Application should be filed either at the medical subsidy section or the welfare section of the municipal office, depending on where you live.

For further information: Contact (through a Japanese-speaking person) the Rehabilitation Support Subsidy Section (ikusei iryohi josei tanto-ka) of the city office in Yokohama, Kawasaki, Sagamihara or Yokosuka, or the Disability Welfare Section (shogai fukushi tanto-ka) of the municipal office in other areas.
③ Subsidies for Medical Treatment for the Severely Disabled
Kanagawa Prefecture has an assistance system for people with severe physical and/or mental disabilities by subsidizing the difference in the actual medical expenses and the public insurance coverage.

1 Scope of assistance
◇ The patient’s co-payment is fully subsidized regardless of the kind of disease as long as its treatment is covered by public health insurance.

2 Eligibility
● Holders of grade 1 or grade 2 Physical Disability Certificate (shintai shogaisha techo)
● Those with an IQ of 35 or less.
● Holders of grade 3 Physical Disability Certificate with an IQ of 50 or less.
● Holders of grade 1 Mental Disability Certificate (seishin shogaisha techo) for outpatient treatment
   Eligibility is expanded in some municipalities.

3 Application procedures
◇ Apply to the section in charge at your local municipal office. Since assistance programs differ by municipality, confirm details before application.

For further information: Contact (through a Japanese-speaking person) the Severe Disability Medical Subsidy Section (judo shogaisha iryohi tanto-ka) at your local municipal office.
(5) Medical Expenses for Mental Disorders
Japan has public assistance designed to alleviate, through subsidies, any burden of medical expenses on patients with mental disorders who need outpatient medical care. Subsidies are also available for inpatient treatment at psychiatric hospitals.

1 Subsidy for outpatient treatment costs
◇ In principle, the patient is charged 10% of the medical expenses as the co-payment, but may have to pay more, depending on his/her income.
◇ The patient or his/her family member should apply to the local municipal office in the area where they live.

2 Subsidy for inpatient treatment costs
◇ A monthly medical subsidy of ¥10,000 is provided for patients who are residents of Kanagawa, hospitalized at a psychiatric hospital in any way other than compulsory admission, and meet certain requirements.
◇ The patient or his/her family member should apply to the municipal or prefectural office in the area where they live.

For further information: Contact (through a Japanese-speaking person) the Disability Welfare Section (shogai fukushi tanto-ka) at your local municipal office for outpatient treatment subsidy, and the Mental Health Section (seishin hoken tanto-ka) at the municipal office in Yokohama, Kawasaki or Sagamihara, or the prefectural office in other areas for inpatient treatment subsidy.
(6) Medical Expenses While Traveling
There are subsidies for medical expenses for people traveling or having no fixed
address in Japan when they fall ill and need inpatient treatment.

1 Scope of assistance
◇ Medical expenses during hospitalization will be paid on behalf of the patients if they
are unable to pay medical bills themselves.

2 Eligibility
◇ Those who meet all of the following requirements are eligible for assistance.
   ● Those requiring hospitalization while traveling.
   ● Those having no ability to pay for medical treatment and having no one to assist
     them.
   ● Those who are not covered by welfare or medical insurance programs.

3 Application procedures
◇ The municipality where you are being treated handles application procedures.
◇ This system will apply only after the case has been appropriately checked.

For further information: Contact (through a Japanese-speaking person) the
relevant section (koryo byonin tanto-ka) of the municipal office.
3 FOR MOTHERS AND CHILDREN

(1) To Support Your Childbirth

① When you become pregnant

1 Mother and Child Health Handbook (*boshi kenko techo*)
   ◇ The handbook is to keep records of your and your child’s health checkups and your child's growth, as well as to inform you of public health services including checkups and immunizations.
   ◇ When you are found to be pregnant, inform your municipal office of your pregnancy and receive the handbook.
   ◇ Some municipalities offer Bilingual Mother and Child Health Handbooks (in Japanese with English translations, etc.) compiled by Mothers' and Children's Health and Welfare Association (*Boshi Eisei Kenkyu-ka*). Ask your municipal office for details.

② Health Guidance and Checkups during Pregnancy

1 Classes for expectant mothers and future fathers
   ◇ Each municipality holds courses to give you knowledge about pregnancy, delivery and childcare useful for daily life.

2 Guidance and consultation provided by visiting health nurses
   ◇ Each municipality offers guidance and consultation in Japanese on childcare, prevention of diseases, etc. by sending public health nurses to individual homes according to each mother’s situation. Ask your local municipal office for details.
   ◇ This visiting service is free of charge and provided either on request from the mother or through reference by the doctor.

3 Health checkups for pregnant women
   ◇ Each municipality offers vouchers for prenatal checkups. You will receive them when you are given the Mother and Child Health Handbook. Use them when visiting your hospital for checkups. Ask your local municipal office for details.
   ◇ Try to go with a Japanese-speaking person for checkups because medical facilities usually have no interpreters.

For further information: Contact (through a Japanese-speaking person) the Mother and Child Health Section (*boshi hoken tanto-ka*) at your local municipal office.
3 FOR MOTHERS AND CHILDREN

(2) Public Health Services for Children
Municipalities offer health guidance and checkups for children at various stages of growth. Some offer their own services besides those listed below. Ask at the municipal office in your area.
These services are all free but are provided in Japanese. If you are not confident about using Japanese, try to go with a Japanese speaker.

1 Guidance and consultation provided by visiting health nurses
◇ Each municipality offers guidance and consultation in Japanese on childcare, prevention of diseases, etc. by sending public health nurses to individual homes according to each mother’s situation. This visiting service is free of charge and provided either on request from the mother or through reference by the doctor.
◇ Prefectural health and welfare offices and municipalities offer guidance and consultation on care of children born prematurely or having chronic diseases, etc. at the offices or by sending public health nurses to individual homes.

2 Health checkup for 3-4 month-old infants
◇ Each municipality offers health checkup for 3-4 month-old infants to check their growth and development. Guidance is also given on childcare, vaccination, etc.

3 Health checkup for 8-10 month-old infants
◇ Each municipality offers health checkup for 8-10 month-old infants to check their growth, nutritional status, motor coordination, etc.

4 Health checkup for 18 month-old infants
◇ Each municipality offers health checkup for children aged 18 months, a stage of marked motor (movement) and language development, to check their growth and nutritional status, physical and dental health, and behavior and speech development.

5 Health checkup for 3 year-old children
◇ Each municipality offers health checkup for children aged 3, another important stage of mental and physical development, to check their growth and nutritional status, physical and dental health, mental development, and sight and hearing. Ask your local municipal office for details.

For further information: Contact (through a Japanese-speaking person) the Mother and Child Health Section (boshi hoken tanto-ka) at your local municipal office or health and welfare office.
## 3 FOR MOTHERS AND CHILDREN

### (3) Vaccination for Children

In Japan, municipalities give vaccinations to protect residents from infectious diseases and prevent the spread of such diseases among residents.

1. **Type of vaccination**

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Vaccination schedule by law</th>
<th>Target age group</th>
</tr>
</thead>
<tbody>
<tr>
<td>DPT-IPV (diphtheria, whooping cough, tetanus, poliomyelitis)</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; stage: 3 times at an interval of 20 days or more, between 3 months and 89 months (7 years and 5 months) of age</td>
<td>3 to 12 months</td>
</tr>
<tr>
<td></td>
<td>1&lt;sup&gt;st&lt;/sup&gt; stage booster: one time between 3 months and 89 months (7 years and 5 months) of age, 6 months or more after the initial three injections</td>
<td>12 to 18 months after the initial three injections</td>
</tr>
<tr>
<td></td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; stage: one time for DT (diphtheria and tetanus) at age 11 to 12 years</td>
<td>11 years</td>
</tr>
<tr>
<td>Measles, Rubella or German measles</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; stage: one time between 12 months and 23 months after birth</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; stage: one time at age 5 or 6 years, during one year right before school enrollment</td>
<td></td>
</tr>
<tr>
<td>Japanese encephalitis</td>
<td>1&lt;sup&gt;st&lt;/sup&gt; stage: twice at an interval of 6 days or more, between 6 months and 89 months (7 years and 5 months) of age</td>
<td>3 years</td>
</tr>
<tr>
<td></td>
<td>1&lt;sup&gt;st&lt;/sup&gt; stage booster: one time between 6 months and 89 months (7 years and 5 months) of age, 6 days or more after the initial two injections</td>
<td>4 years</td>
</tr>
<tr>
<td></td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; stage: one time between 9 and 12 years of age</td>
<td>9 years</td>
</tr>
<tr>
<td>BCG (tuberculosis)</td>
<td>One time before the baby's first birthday</td>
<td>5 to 8 months</td>
</tr>
</tbody>
</table>

3-(3)
<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Vaccination schedule by law</th>
<th>Target age group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hib</td>
<td>[If the first injection is between 2 and 6 months of age]</td>
<td>First injection between 2-6 months of age</td>
</tr>
</tbody>
</table>
|                               | Initial: 3 times before the baby’s first birthday  
|                               | typically at an interval of 27 days (20 days if the need is recognized by a doctor) or more.  
|                               | (typically at an interval of 27-56 days)                                                  | Booster injection 7-13 months after the initial three injections |
|                               | Booster: one time 7 months or more after the initial three injections (typically 7-13 months) |                                       |
|                               | [If the first injection is between 7 and 11 months of age]                                 |                                       |
|                               | Initial: twice before the baby’s first birthday at an interval of 27 days (20 days if the need is recognized by a doctor) or more. (typically at an interval of 27-56 days)  |                                       |
|                               | Booster: one time 7 months or more (typically 7-13 months) after the initial two injections |                                       |
|                               | [If the first injection is between 1 and 4 years of age]                                   |                                       |
|                               | Once                                                                                        |                                       |

3-(3)
<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Vaccination schedule by law</th>
<th>Target age group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pediatric pneumococcal infection</td>
<td>[If the first injection is between 2 and 6 months of age]</td>
<td>First injection between 2-6 months of age</td>
</tr>
<tr>
<td></td>
<td>Initial: 3 times before the baby’s first birthday at an interval of 27 days or more</td>
<td>Booster injection between 12-14 months of age</td>
</tr>
<tr>
<td></td>
<td>Booster: one time after the baby’s first birthday (typically between 12-15 months) more than 60 days after the initial three injections</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• The 2nd and 3rd injections of the initial three injections should not be taken after the baby’s 2nd birthday, though a booster injection is possible.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• If the 2nd injection of the initial three injections is taken after the baby’s first birthday, the 3rd injection should not be taken, though a booster injection is possible.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>[If the first injection is between 7 and 11 months of age]</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Initial: twice before the baby’s first birthday at an interval of 27 days or more</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Booster: one time after the baby’s first birthday 60 days or more after the initial two injections</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• The 2nd injection of the initial two injections should not be taken after the baby’s 2nd birthday, though a booster injection is possible.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>[If the first injection is between 12 and 23 months of age]</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Twice at an interval of 60 days or more</td>
<td></td>
</tr>
<tr>
<td></td>
<td>[If the first injection is between 2 and 4 years of age]</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Once</td>
<td></td>
</tr>
<tr>
<td>Vaccine</td>
<td>Vaccination schedule by law</td>
<td>Target age group</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>--------------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>HPV (human papillomavirus) infection</td>
<td>Routine HPV vaccination under continuous deliberation as of end of July 2014</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Ministry of Health, Labour, and Welfare decided to suspend its active recommendation for the use of HPV vaccine, based on the report from the joint meeting of the Vaccine Adverse Reaction Review Committee and the Drug Safety Committee held on June 14, 2013. The report said, “Persistent pain has been observed specifically after HPV vaccination, suggesting a correlation between the pain and the vaccine. The government should not actively recommend routine HPV vaccination until it gets a clearer picture of the frequency of adverse reactions, etc. and provide appropriate information to the people.” As of July 2014, the government’s active recommendation for HPV vaccination has been suspended, with discussion continuing at the above committees based on the findings on the safety of the vaccine.</td>
<td></td>
</tr>
<tr>
<td>①[recombinant bivalent HPV VLP vaccine]</td>
<td>Standard: total of three injections, with the 2nd shot one month after the 1st and the 3rd shot 6 months after the 1st. Alternative: total of three injections, with the 2nd shot one month or more after the 1st and the 3rd shot 3 months or more after the 2nd.</td>
<td>12 or 13 years, during the period between April 1 and March 31 when the person becomes 13 years old</td>
</tr>
<tr>
<td>②[recombinant quadrivalent HPV VLP vaccine]</td>
<td>Standard: total of three injections, with the 2nd shot 2 months after the 1st and the 3rd shot 6 months after the 1st. Alternative: total of three injections, with the 2nd shot one month or more after the 1st and the 3rd shot 3 months or more after the 2nd.</td>
<td>12 or 13 years, during the period between April 1 and March 31 when the person becomes 13 years old</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
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<td></td>
</tr>
<tr>
<td>③</td>
<td>A person should take either HPV bivalent vaccine or HPV quadrivalent vaccine consistently for the three shots and not combine the two types of vaccines. There is no data on safety, immunogenicity and efficacy regarding the combined use of the two types of vaccines.</td>
<td></td>
</tr>
<tr>
<td>④</td>
<td>One of the possible adverse effects of HPV vaccine is vasovagal syncope or fainting. To prevent a fall, the person should be supported by someone when moving right after receiving the injection, and sit on a chair, lean back into the chair, and remain seated for about 30 minutes, monitored by someone.</td>
<td></td>
</tr>
<tr>
<td>⑤</td>
<td>If the vaccination is administered in groups, the above precautions should be followed and special consideration should be given to the recipient, as HPV infection is a sexually transmitted disease.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Women aged 13 and over, currently pregnant or possibly pregnant, should not take the vaccine in principle. They should be inoculated only when the benefits are considered to outweigh the risks.</td>
<td></td>
</tr>
</tbody>
</table>
2 Intervals of vaccinations
◇ Vaccinations should be received at certain prescribed intervals. Refer to the table below for planning your child’s vaccinations.
◇ Ask at your local municipal office about dates of vaccinations since vaccination schedules vary by municipality.

<table>
<thead>
<tr>
<th>Live Vaccines</th>
<th>Inactivated Vaccines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measles-rubella mixture</td>
<td>Diphtheria-Whooping cough-Tetanus-polio mixture (DPT-IPV)</td>
</tr>
<tr>
<td>Measles</td>
<td>Diphtheria-Tetanus mixture (DT)</td>
</tr>
<tr>
<td>Rubella</td>
<td>Japanese encephalitis</td>
</tr>
<tr>
<td>BCG</td>
<td>* Vaccinations in this group should be given at least 6 days apart from each other.</td>
</tr>
</tbody>
</table>

* Vaccinations in this group should be given at least 27 days apart from each other.

→ An interval of 27 days or more is required.
← An interval of 6 days or more is required.

* When you take the same type of vaccine more than one time, keep a proper interval between each as prescribed.

3 Expenses
◇ The vaccinations carried out by municipalities are free of charge.
◇ If you get your child a vaccination voluntarily at a hospital or clinic, you need to pay for it.

4 Other precautions
◇ Bring your Mother and Child Health Handbook (boshi kenko techo) when receiving a vaccination.
◇ Take your child’s temperature on the morning of vaccination.

For further information: Contact (through a Japanese-speaking person) the Vaccination Section (yobo sesshu tanto-ka) in your local municipal office.
(4) Consultation on Infertility

◇ Prefectural and municipal governments offer consultation for couples who are eager to have their baby but have not been successful.

◇ You can consult a midwife or a doctor about your physical condition and treatment methods free of charge.

◇ Confirm in advance with the municipal office of your area if you want to consult, since the service is only available on certain day(s) of the week or the month.

◇ Consultation is offered in Japanese. You need to come with someone who speaks Japanese.

・ Service available at Kanagawa Prefectural Infertility Consultation Center (0467-58-6010) two to three times a month.

・ If you are a resident of Yokohama, Kawasaki, Sagamihara or Yokosuka, contact the section in charge of infertility counseling or women's health of these city offices.

For further information: Contact (through a Japanese-speaking person) Mother and Child Health Section, Health Promotion Division of Kanagawa Prefectural Government at 045-210-4786.
4  TO STAY HEALTHY PHYSICALLY AND MENTALLY

(1)  For Good Physical Health

① Health Consultation
   Health consultations are available at public health centers staffed by experts, such as doctors, public health nurses and nutritionists.

1  Types of consultation
   ◇ You can consult experts about anything related to health, such as prevention of illness, maintenance and promotion of health.

2  Consultation days
   ◇ Consultation is available whenever public health centers are open (Monday through Friday, 9:00 to 17:00).
   ◇ Go with someone who speaks Japanese, since those public health centers do not have interpreters.

3  Consultation fees
   ◇ Consultation is free of charge.

For further information: Contact (through a Japanese-speaking person) the public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other cities.
② Health Consultation and Education for Those in Their 40s and Over
Each municipality offers health consultation and education by physicians, dentists, public health nurses and nutritionists for people aged 40 years or above.

1 Health consultation
◇ Consultation is offered on general issues related to physical and mental health, such as prevention of lifestyle-related diseases.

2 Health education
◇ Health education classes are held at local public health centers and community centers, covering such topics as prevention of hypertension, diabetes and other lifestyle-related illnesses, and health promotion through exercise and diet.

3 Intended for whom?
◇ Consultation and education are available to those aged 40 and over, and to their family members as well, depending on the content.
◇ Go with someone who speaks Japanese, since municipal offices usually don’t have interpreters.

4 Days and places
◇ Since education class days and places vary by municipality, ask your local municipal office.

For further information: Contact (through a Japanese-speaking person) the Health Promotion Section (kenko zoshin jigyō tanto-ka) at your local municipal office.
③ **Cancer Screening**
Each municipality offers screening tests for early detection of cancer.

1 **Contents**
◇ Screening for stomach cancer, cervical cancer, lung cancer, breast cancer and colon cancer.

2 **Eligibility**
● People aged 40 or over for lung, stomach and colon cancers.
● Women aged 20 or over for cervical cancer and those aged 40 or over for breast cancer.
◇ Go with someone who speaks Japanese, since interpreters are usually not available at municipal offices.

3 **Days and places**
◇ Since screening days and places vary by municipality, ask your local municipal office.

4 **Fees**
◇ Depending on the type of cancer screening, you may be charged for the screening, though senior citizens and low income earners may get the tests free of charge. Ask your local municipal office for details.

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**For further information:** Contact (through a Japanese-speaking person) the Health Promotion Section (*kenko zoshin jigyō tanto-ka*) in your local municipal office.
A Well-balanced Diet

Eating a well-balanced diet is essential for keeping yourself in good health. To prevent lifestyle-related diseases, try to form a habit of moderate exercise and eat a well-balanced diet regularly.

1  Have the staple food, main dish and side dish for each meal
◇ The staple food refers to rice, bread, noodle or pasta. The main dish includes fish, meat, egg or soybean, and the side dish is those with vegetables, mushrooms, potatoes, and seaweed as ingredients.
◇ Prepare those foods and dishes for each meal for a balanced diet.

2  Do not skip breakfast
◇ Breakfast is a source of vitality for the day.
◇ If you skip it, you may eat more at other mealtimes and end up overeating or unbalanced diet, which could cause obesity and other lifestyle-related diseases. Try forming good eating habits.

3  Eat vegetables
◇ Vegetables and seaweed are rich in vitamins, minerals, dietary fibers and other nutrients, and help regulate various body functions. We often lack those nutrients when we skip meals or eat out frequently. Try eating one or two vegetable dishes for each meal.

4  Reduce oily food
◇ If you eat out frequently, you may end up eating too much oily food, which could lead to obesity and other lifestyle-related diseases. You had better not eat any more than one oily dish for a meal.

5  Limit salt intake
◇ Too much salt intake could lead to high blood pressure and heart diseases. Try not to take salty seasonings and processed food too much.
6 Form an exercise habit

Moderate physical activities help not only prevent lifestyle-related diseases but prevent cancer and slow down aging as well. Try to walk as much as possible by taking stairs, etc. and get regular exercises that help increase muscle strength and stamina.

5 Take good care of teeth and gums

You may often neglect oral hygiene in busy life. If you don’t brush your teeth regularly or have sweets and sugary drinks frequently, you are more likely to get cavities and gum problems.

You should see a dentist soon whenever you find your teeth aching or smarting from cold water, etc. Regular dental checkups will help prevent tooth decay and periodontal diseases.

Brush your teeth thoroughly and watch your diet to keep your teeth and gums in a good condition, so you will be able to eat with your own teeth for the rest of your life.

For further information: Contact (through a Japanese-speaking person) the Health Promotion Section (kenko soshin jigyō tanto-ka) in your local municipal office or the Health and Hygiene Section (hoken eisei tanto-ka) in the prefectural health and welfare office/center.
4 TO STAY HEALTHY PHYSICALLY AND MENTALLY

(2) For Good Mental Health
Kanagawa Prefecture offers consultation on mental health problems, including psychiatric diseases and alcohol abuse, at mental health and welfare centers and public health centers.

1 Telephone counseling service (kokoro no denwa sodan)
◇ Mental health counselors offer telephone counseling, and give you advice or refer you to relevant organizations, depending on your problem.
◇ Counseling is only available in Japanese.

● Kanagawa Prefectural Mental Health and Welfare Center (Tel: 0120-821-606 toll-free)
  Monday through Friday except national holidays, 9:00-21:00 (reception until 20:45)

If you live in Yokohama, Kawasaki or Sagamihara, you can also use the following:
● Yokohama Mental Health Consultation Center (Tel: 045-662-3522)
  Monday through Friday, 17:00-21:30
  Saturday, Sunday, national holidays, 8:45-21:30
● Kawasaki Mental Health and Welfare Center (Tel: 044-246-6742)
  Monday through Friday except national holidays, 9:00-12:00 and 13:00-16:00
● Sagamihara Mental Health and Welfare Center (Tel: 042-769-9819)
  Monday through Saturday, 17:00-22:00

2 Counseling service at public health centers
◇ Counseling on mental health problems is also available at the public health center in your area during office hours on weekdays.
◇ Services include telephone counseling and face-to-face counseling at the center or at your home by appointment. You can also consult a medical specialist.
◇ These services are all free, but only offered in Japanese.

For further information: Contact (through a Japanese-speaking person) the Kanagawa Prefectural Mental Health and Welfare Center.
If you live in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, you can also contact your local public health center.
If you live in other cities, contact the prefectural health and welfare office/center in your area.
(3) Infectious Diseases

① Prevention of Tuberculosis (TB)

In Japan, if you are infected with tuberculosis, you may be prohibited from being engaged in certain types of work, or advised or ordered by the government to be admitted to special hospitals. Inpatient medical fees are all covered by the government, though outpatient treatment costs should be partially paid by the patient.

1 Initial symptoms of TB
◇ Cough, phlegm and fever lasting more than two weeks, similar to symptoms of a common cold.

2 If these symptoms continue
◇ If these symptoms won’t go away for more than two weeks, we recommend you get thorough examinations such as a chest X-ray, instead of thinking that it is just because of a cold or heavy smoking.
◇ You need to pay for the examinations which are available at most hospitals and clinics.
◇ TB can be spread through the air from patients with coughing. To prevent the spread of TB infection, early detection and proper treatment are essential.

3 To prevent TB
◇ You are at greater risk of TB and other infectious diseases when your general health declines. Try to keep healthy and avoid chronic fatigue.

<TB health checkups for foreigners>
◇ Kanagawa Prefecture offers TB health checkups for foreigners in collaboration with a NGO.
◇ Ask the Health Risk Management Section (kenko kiki kanri-ka) at 045-210-4793 about the checkup schedule and exam sites.

For further information: Contact (through a Japanese speaker) the Tuberculosis Section (kekkaku tanto-ka) at your local public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other cities.
② Prevention and tests for AIDS
Acquired Immune Deficiency Syndrome or AIDS is a disease caused by infection with the human immunodeficiency virus or HIV, which causes the immune system, the body’s natural defense against germs, to stop functioning.

1 Main infection routes
◇ Sexual contact, shared use of needles, and mother-to-child infection

2 To prevent infection
◇ Avoid contact with bodily fluids (blood, semen and vaginal secretions) of an infected person.
◇ Follow these rules to protect yourself:
  ① Always use condoms correctly.
  ② Do not share razors, toothbrushes, and needles.
◇ You cannot get infected with HIV through the air, from mosquito bites or shaking hands, coughing, or kissing and other ordinary contact.

3 To get a test
◇ You can get an HIV test at a public health center, though you need to confirm by phone if the test is available on the day of your visit. There are two types of test: one where the test results will be given in a week or two, and the other where the results are available on the same day.
◇ An HIV test is done on an anonymous basis. Your privacy is protected.
  • Have a test at least 12 weeks after any risk of infection.
  • Only a few drops (8cc) of blood are needed to do an HIV test.
  • Test results are given only to the person tested, face-to-face.

<Kanagawa Prefecture Rapid HIV Testing Center with same-day results>
You can also get a rapid HIV test at a prefectural testing center without booking. Up to 50 persons are accepted on a first-come, first-served basis.
  • Day & time: the second Sunday of each month, 13:00-15:00
  • Place: Yokohama YMCA in Atsugi, 5-minute walk from Hon-Atsugi Station on Odakyu Line (4-16-9 Nakamachi, Atsugi)
  • Interpreters are available in English, Thai, Spanish and Portuguese only in the odd-numbered months.
  • No certificates will be issued.

4 Test fees
◇ Tests at public health centers are free.
◇ You can get a test at hospitals for a fee.
Prevention and tests for viral hepatitis type B and type C

Viral hepatitis is a liver infection caused by a hepatitis virus, leading to destruction of liver cells. The liver can be damaged without showing any symptoms, and by the time you start to feel somewhat tired, your liver disease may be well advanced.

1 Main infection routes
◇ Hepatitis viruses are transmitted from person to person through contact with infected blood. This can occur through:
   • Blood transfusion
   • Sharing of injection devices
   • Tattooing and body piercing using contaminated instruments
◇ Hepatitis B virus can also spread through sexual contact and mother-to-child transmission.

2 To prevent infection
◇ Do not share toothbrushes, razors and other objects that might have blood on them.
◇ Do not share syringes and needles.
◇ Use condoms when having sex with someone you don’t know well.
3 To get tested

◇ Your hepatitis infection status can be determined by blood tests. Collection of a blood sample will take only a minute or so, and you will be informed of the result in a few weeks.

◇ You can have a hepatitis screening offered by your municipality, if you are 40 years old or older. If you are under 40, ask your local public health center to give you a hepatitis test.

※ Test schedule and fees vary by municipality and age of the tested person.

◇ Even if you are infected with the virus, you can prevent your hepatitis from developing into liver cirrhosis and cancer with proper healthcare and treatment. Get tested for early detection of hepatitis.

For further information: Contact (through a Japanese-speaking person) the Hepatitis Screening Section at your local municipal office if you are over 40. If you are under 40, ask the Hepatitis Test Section at a public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other cities.
④ Other infectious diseases

Under the Japanese law, patients infected with some infectious diseases are prohibited from certain types of work, recommended or ordered by the government to be hospitalized in designated medical facilities, or their homes are needed to be sterilized.

Such measures are required for the following infectious diseases:

<table>
<thead>
<tr>
<th>Name of disease</th>
<th>Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ebola hemorrhagic fever, Crimean-Congo hemorrhagic fever, smallpox, plague,</td>
<td>Hospitalization as a rule</td>
</tr>
<tr>
<td>Marburg disease, Lassa fever, South American hemorrhagic fever, swine influenza H1N1</td>
<td>Prohibition of certain types of work</td>
</tr>
<tr>
<td>Poliomyelitis, diphtheria, SARS, tuberculosis, avian influenza H5N1 and H7N9, Middle East respiratory syndrome (MERS)</td>
<td>Hospitalization as needed</td>
</tr>
<tr>
<td>Enterohemorrhagic Escherichia coli infection (O-157), Cholera, Bacillary dysentery, Typhoid fever, Paratyphoid</td>
<td>Prohibition of certain types of work</td>
</tr>
</tbody>
</table>

For further information: Contact (through a Japanese-speaking person) the Infectious Disease Section (kansensho tanto-ka) at your local public health center in Yokohama, Kawasaki, Sagamihara, Yokosuka or Fujisawa, or the prefectural health and welfare office/center in other cities.
5 INSURANCE SYSTEMS

(1) National Health Insurance (NHI) (Kokumin Kenko Hoken)
In Japan, anyone who is not covered by insurance at his/her workplace can be enrolled in National Health Insurance (NHI).
You are eligible to join the scheme if you have a resident card with a valid visa to stay in Japan for more than 3 months in principle.

1 Procedures for enrollment
◇ You can apply to the NHI section of the local municipal office in your area.

2 To get medical care under NHI
◇ You need to present your health insurance certificate issued by municipality to the reception of the hospital or clinic you visit.

3 Co-payments for medical treatment
◇ Your portion of medical treatment costs is as follows, but if your payment exceeds a monthly ceiling, any amount over the ceiling will be refunded under the High Medical Cost Reimbursement System (kogaku ryoyohi seido).

<table>
<thead>
<tr>
<th>Income range</th>
<th>Co-payment</th>
<th>Monthly ceiling on co-payment per household</th>
</tr>
</thead>
<tbody>
<tr>
<td>High income</td>
<td>A</td>
<td>¥252,600 + (medical fees − ¥842,000) × 1%</td>
</tr>
<tr>
<td></td>
<td>B</td>
<td>¥167,400 + (medical fees − ¥558,000) × 1%</td>
</tr>
<tr>
<td>Low income</td>
<td>C</td>
<td>¥80,100 + (medical fees − ¥267,000) × 1%</td>
</tr>
<tr>
<td></td>
<td>D</td>
<td>¥57,600</td>
</tr>
<tr>
<td></td>
<td>E those exempted from resident tax</td>
<td>¥35,400</td>
</tr>
</tbody>
</table>

- The monthly ceiling on your co-payment is determined by which income group (A to E) your household falls under.
- If you have used the High Medical Cost Reimbursement System three times over the past 12 months, the monthly ceiling from the fourth time on will be lowered to the amount shown in parenthesis.
### Monthly ceiling on co-payment for outpatient and inpatient treatment per household

<table>
<thead>
<tr>
<th>Income range</th>
<th>Co-payment</th>
<th>Outpatient treatment per individual</th>
<th>Outpatient and inpatient treatment per household</th>
</tr>
</thead>
<tbody>
<tr>
<td>High income</td>
<td>30%</td>
<td>¥44,400</td>
<td>¥80,100+(medical fees−¥267,000)×1% (¥44,400)</td>
</tr>
<tr>
<td>Medium income</td>
<td>20%※</td>
<td>¥12,000</td>
<td>¥44,400</td>
</tr>
<tr>
<td>Low income</td>
<td>I II</td>
<td>¥8,000 ¥8,000</td>
<td>¥24,600 ¥15,000</td>
</tr>
</tbody>
</table>

※If you turned 70 years old before March 31, 2014 (or if your birthday is before March 1, 1944), your co-payment will remain at 10%.

Ask the NHI section at your local municipal office for details.

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**For further information:** Contact (through a Japanese-speaking person) the NHI Section (kokumin kenko hoken tanto-ka) at your municipal office.
(2) Latter-stage Elderly Healthcare System (Koki Koreisha Iryo Seido)

In Japan, there is an insurance scheme called the Latter-stage Elderly Healthcare System for those aged 75 or over, and those aged 65 to 74 with a certain level of disability. The level of disability has to be recognized by a special local public organization called Koki Koreisha Iryo Koiki Rengo, organized by all the municipalities in the prefecture to operate the medical insurance system for the latter-stage elderly.

You can join the scheme if you have a resident card with a valid visa to stay in Japan for more than 3 months in principle.

1 Procedures for enrollment
◇ Apply to the Latter-stage Elderly Healthcare section of the local municipal office in your area, and you will be issued a certificate of enrollment from Koki Koreisha Iryo Koiki Rengo.

2 To get medical care under this scheme
◇ You need to present your certificate to the reception of the hospital or clinic you visit.

3 Co-payments for medical treatment
◇ Your portion of medical treatment costs is as follows, but if your payment exceeds a monthly ceiling, any amount over the ceiling will be refunded under the High Medical Cost Reimbursement System (kogaku ryoyohi seido).

<table>
<thead>
<tr>
<th>Income range</th>
<th>Co-payment</th>
<th>Monthly ceiling on co-payment for outpatient treatment per individual</th>
<th>Monthly ceiling on co-payment for outpatient and inpatient treatment per household</th>
</tr>
</thead>
<tbody>
<tr>
<td>High income</td>
<td>30%</td>
<td>¥44,400</td>
<td>¥80,100 + (medical fees - ¥267,000) x 1% (¥44,400)</td>
</tr>
<tr>
<td>Medium income</td>
<td>10%</td>
<td>¥12,000</td>
<td>¥44,400</td>
</tr>
<tr>
<td>Low income</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low income</td>
<td>II</td>
<td>¥8,000</td>
<td>¥24,600</td>
</tr>
<tr>
<td>Low income</td>
<td>I</td>
<td>¥8,000</td>
<td>¥15,000</td>
</tr>
</tbody>
</table>

If you have used the High Medical Cost Reimbursement System on a household basis three times over the past 12 months, the monthly ceiling from the fourth time on will be lowered to the amount shown in parenthesis.

Ask the Latter-stage Elderly Medical Care section at your local municipal office for details.

For further information: Contact (through a Japanese-speaker) the Latter-stage Elderly Medical Care Section (koki koreisha iryo tanto-ka) at your municipal office.
(3) Long-Term Care Insurance (*Kaigo Hoken*)

**<What is the Long-Term Care Insurance>**
◇ It is a scheme designed for the society as a whole to support Japan's aging by providing nursing care services to those in need. People aged 65 and over, or aged 40-64 with specified diseases, can use care services, according to their condition.

**<To Use Care Services>**

1 **Official recognition of care/assistance needs**
◇ To receive care services, your care/assistance needs must be recognized by your local municipality. They will make a judgment on whether you need care or assistance as well as how much you are in need on the same objective criteria across the nation.

**[Procedures for getting official recognition]**

(1) Submit an application to the long-term care insurance section (*kaigo hoken tanto-ka*) at your municipal office.

(2) A municipal officer or a commissioned assessor will visit you at home or in a facility to assess your physical condition through an interview, etc.

(3) A panel of public health, welfare and medical experts will determine your needs based on the results of the assessment, computer evaluation, and the opinion of your doctor.

(4) You will be informed by the municipal office of the panel's decision within 30 days after application.

◇ Recognition of your needs is made per municipality. Therefore, if you move to a different municipality, you need to apply again at the new place.

◇ Whether you move or not, recognition of your needs must be renewed periodically, every 12 months, or after six months in principle if you are newly recognized, so that the judgment will properly reflect your current physical condition.
2 Type of services
◇ Your needs will be evaluated on a 7-point scale, ranging from “yo-shien” (2 levels of assistance needs) and “yo-kaigo” (5 levels of care needs). Services for the “yo-shien” group are different from those for the “yo-kaigo” group.

【Services for “yo-shien” assistance needs level 1 and 2】
◇ People recognized as “yo-shien” can use “Preventive Care Service” and “Community-based Preventive Care Service(*)” designed to help them maintain or improve their current physical condition so that they can go without care services in daily life.

◇ “Preventive Care Service” includes “Home-Helper Service” with home-helpers visiting your home to help with daily activities and “Day-Care Service” providing assistance with daily activities and functional training at day-care facilities.

【Services for “yo-kaigo” care needs level 1 to 5】
◇ People recognized as “yo-kaigo” can use “Home-based Care Service” at home, or “Facility-based Care Service” at nursing-care facilities such as a special nursing home, or “Community-based Care Service(*)” at group homes, etc, depending on their current physical condition.

◇ “Home-based Care Service” includes “Home-Helper Service” with home-helpers visiting your home to help with daily activities such as bathing and toileting, as well as housekeeping such as cooking, cleaning and shopping, and “Day-Care Service” providing assistance with daily activities and functional training at day-care facilities.

* “Community-based” preventive care service and nursing care service are on a municipal basis, and are only available to the residents in each area. These services include assistance with daily activities and functional training at elderly dementia group homes for mild dementia patients.

◇ All these “Kaigo Hoken” care services are provided by licensed nursing-care providers designated by local governments.
3 Preparing a care plan

◇ To use “Kaigo Hoken” care services, you need to make a contract with a care provider and have them make a care plan for you.

◇ A care plan will be made based on your physical condition, living environment, and your and your family’s requests. Who you should ask to make a plan depends on how much care you are in need and whether you live at home or in a facility, etc.

- In case of “yo-shien” assistance needs, ask a public health nurse in the community general support center.

- In case of “yo-kaigo” care needs, ask a care manager at a home care provider for home-based services, or a care manager at a nursing care facility, etc. where you live for facility-based services.

4 Co-payment

◇ You need to pay 10% of the costs of services you use, though the fees for preparing your care plan will be totally covered by the “Kaigo Hoken” insurance scheme.

◇ If you live in a nursing care facility, you will also have to pay housing expenses (for room and utilities) and meal costs (for food and cooking) as specified in the contract, other than 10% of the service costs as your co-payment.

For further information: contact (through a Japanese-speaking person) the Long-Term Care Insurance Section (kaigo hoken tanto’ka) at your municipal office, or the community general support center in your area which has social workers and other experts offering general consultation.
Premiums

- Long-term Care Insurance (Kaigo Hoken) is a scheme designed to provide nursing care and assistance to support Japan's aging society as a whole. Premiums are collected from people aged 40 and over.
- Out of the total costs of “Kaigo Hoken” services, 10% is paid by service users, 45% is funded by insurance premiums paid by people 40 years old and over, and another 45% by the national, prefectural and municipal governments.
- Premiums vary by age and municipality.
- If your income is low, your premiums will be reduced.

(1) Type 1 insured persons
- All residents aged 65 and over
- If you are aged 65 years and over, your premiums for the “Kaigo Hoken” insurance will be determined by your local municipality on a year-to-year basis, depending on your income.

(2) Type 2 insured persons
- All residents aged between 40 and 64
- Pay your “Kaigo Hoken” insurance premiums to your medical insurance scheme such as National Health Insurance. Your premiums will be determined, based on the type of your medical insurance and your income.

For further information, contact (through a Japanese-speaking person) the following office:
- Persons aged 40-64
  Ask your workplace if you enroll in Employees’ Health Insurance, or the National Health Insurance Section (kokumin kenko hoken tanto-ka) at your local municipal office if you join NHI.
- Persons aged 65 or over
  Ask the Long-term Care Insurance Section (kaigo hoken tanto-ka) in the municipal office of your area.